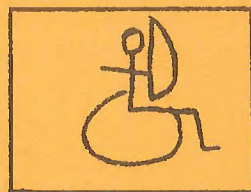
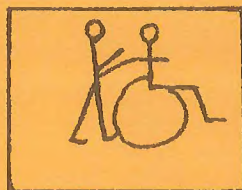


Southwark Disablement Association

**HANDBOOK
OF
LOCAL
CLUBS
AND
GROUPS**





INTRODUCTION

SOUTHWARK DISABLEMENT ASSOCIATION has made every attempt to ensure the information contained in this book is correct, but obviously changes do occur. We would be grateful if you would let us know any changes or omissions at the following address so we can update information: Southwark Disablement Association, Room 48, Aylesbury Day Centre, Bradenham, Boyson Road, London SE17 2BA (tel:01-701 1391.

We cannot accept responsibility for incorrect information given to us.

Most of the clubs have some limited transport available for those unable to make their own way, but contact the clubs direct for details.

It is always advisable, before visiting a club, to check with the contact person as to venue and time, as these can be changed. We hope people with disabilities will find the information contained in this book useful in finding social contacts and helpful organisations.

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LOCAL EVENING CLUBS

Clubs are listed in alphabetical order.

CAMBRIDGE HOUSE MENTALLY HANDICAPPED PROJECT GYM CLUB

Meets at Comber Grove Youth Centre, SE5, on Fridays from 6pm-10pm for table tennis, snooker and games. The club caters for mentally handicapped people between the ages of 19 and 25 years. CONTACT: Dudley Burke, Youth Worker, Cambridge House Mentally Handicapped Project, 131 Camberwell Road, London SE5.

CAMBRIDGE UNIVERSITY MISSION

Meets at 43 Old Jamaica Road, Bermondsey, SE16 4JE, every evening for different age ranges and groups. Caters for people aged 6 to 21 years. Stairs make it difficult for wheelchairs, but not impossible. CONTACT: Alison or Steve.

CROSSWAYS GLAD CLUB

A social club meeting at the United Reformed Church Hall, New Kent Road, London SE1, on second and fourth Thursdays every month from 6.30pm-9pm. The club caters for people with physical disabilities from age 50 upward. CONTACT: Mrs King, 19 Johnson House, Lawson Estate, Great Dover Street, London SE1.

DULWICH FELLOWSHIP GROUP OF THE TORCH TRUST FOR THE BLIND

Meets at the United Reformed Church, East Dulwich Grove, SE22, on the third Friday of each month from 6pm-8pm. It provides Christian literature and fellowship for visually handicapped people. CONTACT: The Secretary, Miss J Leamy, 3a Piermont Road, SE22.

DISABLED PEOPLE'S CLUB

Meets at Havil Street Hall, SE5, on Wednesdays from 7.30pm-10pm. The club caters for all ages and all disabilities and arranges social activities. CONTACT: Marjorie Seaton, Secretary, 2 Summit Way, SE19 2PU.

FREDDIE MILLS CLUB FOR HANDICAPPED BOYS

Meets at Clubland, 54 Camberwell Road, SE5, on Mondays from 6.30pm-8.30pm. Caters for all physically and mentally handicapped boys from 8 years. CONTACT: Mr P Wilks, 7 Mylis Close, SE26.

HAVIL STREET CLUB

Meets at Havil Street Hall, SE5, on Tuesdays from 7pm-10pm. Caters for the mentally ill of all ages and is a social club with no transport provision. CONTACT: Mrs M Cocks, 182 Wendover, Aylesbury Estate, London SE17.

IVYDALE YOUTH CENTRE

Meets at Ivydale Road, SE15, Monday to Friday during term time, from 6.30pm-9.30pm, for ages from 11 to 21 years. Wide variety of sports to choose from. Would consider any disabled student. CONTACT: Tutor-in-Charge, Mr H Vaughan.

JEM CLUB

Meets at Doubtfire Hall, Tatum Street, SE17, on Tuesdays from 7pm-9pm. Caters for physically handicapped young people aged 5 to 17 years. Variety of activities are available. CONTACT: Mrs Wheale, 68 Tatum Street, SE17.

LARY'S CLUB

A social club meeting at Guy's Hospital (Munro Clinic), Newcomen Street, SE1, on the third Tuesday each month from 6.30pm-8.30pm. Caters for patients who have had a laryngectomy or who have undergone head and neck surgery with resultant speech difficulty. Any age group is welcome. CONTACT: Mrs A Whitehorn or Ginnie Hale, Speech Therapists, Munro Clinic, Guy's Hospital, SE1.

LINDEN GROVE COMMUNITY CENTRE

Meets at Linden Grove Community Centre, SE15, from 6.30pm-9.30pm every Tuesday, providing a youth club for ages 12 to 21 years. Caters for mentally handicapped children. Some transport available. CONTACT: Melvin Wallis or Helen Halstuch.

MONDAY ARK

Meets at Trinity College Centre, 1 Newent Close, SE15 6EF. Caters for educationally sub-normal and mentally handicapped children from 5 to 15 years, on Mondays from 5pm-7pm for general club activities. CONTACT: Edna Powell, 115b Wells Way, London SE5 7SZ.

MULTIPLE SCLEROSIS SOCIETY

Meets at the Aylesbury Day Centre, Boyson Road, SE17, every fourth Monday from 7.30pm-9.30pm. Caters for people with multiple sclerosis of all ages. CONTACT: Mr and Mrs Edmonds, 28 Dovedale Road, SE22.

NATIONAL ELFRIDA RATHBONE SOCIETY/COMBER CLUB

Meets at Comber Grove Youth Centre, Comber Grove School, Comber Grove, SE5, on Thursday evenings from 7pm-9pm, for people aged 15 to 25 years with moderate learning difficulties (ESNM) to take part in games, snooker, pool, typing, dance, drama, aerobics, etc. CONTACT: Noel Murphy, National Elfrida Rathbone Society, Colombo Street Sports and Community Centre, Colombo Street, London SE1.

PECKHAM GUILD OF FRIENDSHIP

Meets at Aylesbury Day Centre, Boyson Road, SE17, on Thursdays from 7.30pm-9.30pm. Caters for all physically handicapped people between ages of 40 to 80 years. CONTACT: Beryl Elliott, 59b Winterbrook Road, Herne Hill, London SE24.

ST THOMAS YOUTH CLUB

Meets as follows at Archbishop Tait's, 220 Lambeth Road, SE1, and caters for able bodied, physically disabled and mentally handicapped young people. The club has access for wheelchairs and adapted toilet facilities.

Mondays 7pm-10pm. Table tennis, volley ball, music class.
14 years and over.

Tuesdays 7pm-8.30pm. Ball games and art and music classes.
Under 14s.

Wednesdays 7pm-10pm. Keep fit, table tennis, snooker and art classes.
14 years and over.

Thursdays 7.30pm-9pm. Mentally handicapped people with special needs.
Irish dancing.

Fridays Fund raising for parents and friends of Youth Club.

Saturdays Dance, drama, organised games and art.

There is some transport available. Free association all times except Saturday. Classes form part of the evening. **CONTACT:** Grace Goy, Senior Youth Worker.

SOUTH LONDON SPASTICS GROUP

Meets every other Monday from 7.30pm-9.30pm in the Aylesbury Day Centre, Boyson Road, SE17. Caters for people with cerebral palsy of all ages who are welcome to join the social club which holds regular meetings, outings, and has entertainment. **CONTACT:** Mr Taylor(Chairman), c/o 1 Rosenthorpe Road, London SE15.

SOUTHWARK GATEWAY CLUB

A social club meeting at Comber Grove School, Comber Grove, SE5, on Wednesdays from 7pm-9.30pm. Caters for mentally handicapped people from 16 to 60 years. **CONTACT:** Mrs Walker, 7 Eglington Court, Lorrimore Road, SE17.

SOUTHWARK LEISURE AND SPORTS ASSOCIATION FOR THE BLIND

Meets on Mondays and Tuesdays from 7.30pm-9.30pm at Goodrich Road School, Goodrich Road, SE22, for ballroom dancing; Wednesday evening and Sunday afternoon in Dulwich Park for outdoor bowls. Swimming arranged and horse riding. Caters for blind and partially sighted people aged 16 years and over. £1 per year enrolment fee to Southwark Institute. **CONTACT:** Mr E Guest-Collins, 14 Dulwich Court, Underhill Road, SE22.

SOUTHWARK PHAB CLUB

Meets at Lambeth Towers, Kennington Road, SE11, on second and fourth Monday every month. Caters for people 18 years and over, of all disabilities. **CONTACT:** Jean Cox, Chairman, 24 Elmworth Grove, West Dulwich, SE21 8RA.

SOUTHWARK WHEELCHAIR DANCING GROUP

At the time of going to print a new venue is being arranged. CONTACT: Mrs P Hough, 12 Alverston Road, Wembley Park, Middlesex (tel: 01-904 6451) for further details.

SOUTHWARK PARKINSONS DISEASE SOCIETY

Meets at Herne Hill Baptist Church Hall, Half Moon Lane, SE24, on fourth Friday of every month from 7.30pm. Anyone suffering from Parkinsons Disease is eligible. CONTACT: Mr Jones, 75a Burbage Road, SE24; Secretary, Mr Jeremy Leggett, 11b Lanercost Road, SW2.

SOUTHWARK SOCIETY FOR MENTALLY HANDICAPPED CHILDREN AND ADULTS (Southwark Mencap)

Last Monday in the month—meeting at Havil Street Hall, SE5, from 7.30pm-9.30pm for parents and adult mentally handicapped members from hostels and flats. CONTACT: Mr Len Fisher, 44 Camilla Road, SE16 3NL. Thursdays, 7pm-9pm, at Nunhead branch of Southwark Institute, Whorlton Road, SE15, for adults. Organises various classes, eg cook and eat, car maintenance, pottery, drama. CONTACT: Mr Len Fisher, 44 Camilla Road SE1 3NL.

Friday evenings, 7pm-8.30pm, during term time, at St Thomas Apostle School, St Mary's Road, SE15, for swimming class for adults and teenagers. CONTACT: Mrs Walker, 7 Eglinton Court, Lorrimore Road, SE17.

STEPHENS CLUB

A therapeutic group of visually handicapped people and their sighted volunteer helpers. Transport available for Bermondsey and Rotherhithe residents. Meets first Friday in each month from 7.30pm-9.30pm at the Yalding Day Centre, Southwark Park Road, SE16. CONTACT: Stephen Clive.

WIDOWS AND WIDOWERS CLUB

Meets every Wednesday 8pm-11pm at the Tenants Hall, Philip Walk, Peckham Rye, SE15. CONTACT: Eileen Francis, Chairman, 01-291 0266.

SPORTS ACTIVITIES FOR PEOPLE WITH DISABILITIES IN SOUTHWARK

ARCHERY

Every Tuesday evening indoors from 7.30pm-9.30pm, from October to March inclusive, at Flaxman Sports Centre, Carew Street, SE5, for all physically disabled people aged 18 and over.

BOWLS

Alternate Tuesday evenings from 7.30pm-9.00pm for people with any disability, but aged 18 or over, at the Peckham Leisure Centre, McKerrall Road, SE15.

FISHING

Every Tuesday evening from 7pm-9pm from June 16 until the middle of September inclusive at Burgess Park Lake, SE5, for people with any disability but aged 18 or over.

For the above activities, contact Stephen Thoms, Sports and Leisure Worker, Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, London SE17. Tel: 01-701 1391.

SOUTHWARK PHEONIX CLUB

Every Friday evening from 7.30pm-9.30pm during term time at Southwark Institute, Goodrich Road, SE22 (entrance via school playground in Dunstons Road). £1 enrolment fee payable to Southwark Institute. Caters for all disabled people aged 18 or over. Sports and leisure activities included are: badminton, basketry, darts, table tennis, rifle and pistol shooting, unihoc, card games, board games, snooker. CONTACT: Mary Marshall, 1 Rosenthorpe Road, SE15.

RIDING

A group from Southwark go each Thursday evening to the Knightsbridge Barracks, Hyde Park, London, for one hour's tuition. Caters for any disability, but the person must be aged 18 or over. Numbers limited. CONTACT: Mrs Brooksby, 54 Cheltenham Road, SE15.

SWIMMING

Optimists

Meets alternate Sunday mornings at Ironmonger Row, EC1, and caters for all disabilities. One ambulance from Southwark starts collecting people at 9am and returns at lunchtime. CONTACT: Mrs Sale, 46 Cyprus Street, Bethnal Green, E2 0NN.

Streatham Sea Hawks

Meets at Streatham Baths, SW16 on a Thursday evening at 8pm. A small group go from Southwark. Limited transport provided. All disabilities. CONTACT: Marlene Aldrich, 10 Love Walk, SE5 for further details.

Southwark Penguins

Meets at Rotherhithe Swimming Baths, Lower Road, SE16, on Thursday evenings from 7pm-8.30pm. Transport is available to those who require it and live in the Borough of Southwark. No age limits. Caters for all disabilities. CONTACT: Stephen Thoms, Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, SE17 2BA. Tel: 01-701 1391.

LOCAL DAYTIME CLUBS

AGE CONCERN SOUTHWARK operate the following six clubs:

BERMONDSEY STROKE CLUB

Meets every other Monday, 1.30pm-4.30pm, at Age Concern Southwark, 188 Jamaica Road, SE16. Limited transport. Activities include cards, bingo, occasional outings, tea and chat. Physiotherapist attends once a month. CONTACT: Ann Wickenden.

BERMONDSEY POP-IN

Meets Tuesday to Friday from 10am-4pm at the Rockgrove Way Sheltered Housing Unit, Rockgrove Way, SE16. No transport available. Snacks and lunches available. CONTACT: June Ratcliffe.

DULWICH POP-IN

Meets Monday to Friday from 10.30am-2.30pm at 3 The Parade, Felbridge House, Dog Kennell Hill, SE22. Call in for a chat, cup of tea or coffee, biscuits. Occasional outings arranged. CONTACT: Barbara Brown.

CAMBERWELL POP-IN

Meets Monday to Friday from 9.30am-4.30pm at 67 Crawford Road, SE5. Transport available. Activities include exercise, sing-songs, talks, outings, hairdresser, chiropodist, and there are snacks and lunches. CONTACT: Dora Jones.

CAMBERWELL STROKE CLUB

Meets every Wednesday, 2.30pm-4.30pm at Ogwan Close Sheltered Housing Unit Hall, Benhill Road, SE5. Transport limited. Activities include games, bingo, outings, speech therapist or just tea and a chat. CONTACT: Peggy Mahoney.

PECKHAM POP-IN

Meets Monday to Friday from 9.30am-2.30pm at 239 Rye Lane, SE15 (Heaton Arms). Bingo on Tuesday afternoons, tea, coffee and snacks. CONTACT: Walter Jamison.

BERMONDSEY MEDICAL MISSION

Meets Monday and Friday weekly at Graham Hall, Crimscott Street, SE1. This is a weekly Old People's Club. CONTACT: Miss Mary Bulmer, 44 Grange Road, SE1 3BL.

BLACK ELDERLY GROUP—SOUTHWARK

Monday 12 noon-3pm keep fit classes. Tuesday 12 noon-3pm handicrafts. Wednesday 10am-3pm dressmaking. All held at in Welton Hall, Bushey Hill Road, SE5. CONTACT: Margaret Sawyers or Martha Brown, c/o Race Equality Unit, Southwark Town Hall, Peckham Road, SE5 8UB.

BLACKFRIARS SETTLEMENT WORK CENTRE

A rehabilitation centre for people aged 20-55 years recovering from mental or physical illness and who are considering returning to work. **CONTACT:** Pat Stafford, Project Organiser, Blackfriars Settlement Work Centre, 14 Bayliss Road, SE1.

BREAKTHROUGH TRUST FOR DEAF-HEARING INTEGRATION London Centre, The Hall, Peyton Place, Greenwich, London SE10 (tel: 01-853 5661)

Organises two classes at Southwark Adult Education Institute, Queens Road Centre, St Mary's Road, SE15: Monday 10.30am-2pm, for cookery, dressmaking, badminton, swimming, and for general talk and advice; Tuesdays, 10am-12 noon, for pottery, flower arranging, dressmaking, badminton and keep fit health for all ages. Classes operate in term time only.

CAMBRIDGE HOUSE MENTALLY HANDICAPPED PROJECT 131 Camberwell Road, London SE5

Play scheme in the holidays takes place during the Easter and Summer school holidays (two weeks at Easter and four weeks in Summer), 9.30am-3.30pm each day. Approximately 55 children can be accommodated on a number of sites. There is some integration into other schemes, with help from Cambridge House staff. Transport is provided. **CONTACT:** Leah Jones.

Holiday away provides six weekend holidays and two day trips for small numbers of mentally handicapped children and adults.

CAMBRIDGE HOUSE PLAYCENTRES

Meet Monday to Thursday from 4.30pm-6.30pm for children aged 7 to 19 years with mental handicaps. Provides crafts and games in Cambridge House, 131 Camberwell Road, SE5. **CONTACT:** Dudley Burke, Youth Worker.

CARERS SUPPORT GROUP

Meets at Area 3 offices, Hawkstone Road, SE16, on the last Thursday of the month from 1.30pm-3.30pm. It is a social gathering for people who are caring for an elderly or disabled person, no matter what age. **CONTACT:** Val Fleet, Area 3 Social Services, Hawkstone Road, SE16.

CHARLIE CHAPLIN ADVENTURE PLAYGROUND FOR HANDICAPPED CHILDREN

Bolton Crescent, SE5 (off Camberwell New Road). Meets on Saturdays and in school holidays from 10.30am-4pm. The playground caters for children of school age with varying handicaps. The playground suggest that you ring them before arriving if you have not been before. **CONTACT:** Chris Holliday, 01-735 1819.

CHEYNE HOLIDAY CLUB FOR PHYSICALLY HANDICAPPED CHILDREN

Organises activities and outings. Meets at Lady Ellen Adventure Playground, Chivalry Road, SW11, Tuesdays and Thursdays, 10am-3.30pm, in school holidays only, ie Summer, Easter, Christmas. CONTACT: Patty Singleton, 61 Cheyne Walk, SW3.

CRUSOE CLUB FOR THE BLIND

Meets Tuesdays and Fridays, 10am-2.30pm. Transport available. Blind and partially sighted people are welcome. Tuesdays: pottery; Friday: music and movement. CONTACT: Peggy Lloyd, Blackfriars Settlement, 44 Nelson Square, SE1.

COPELESTON OVER-60s CLUB

Social club meets Wednesdays 2pm-4pm, Copleston Centre, Copleston Road, SE15. CONTACT: Pat Speller, Copleston Centre.

IVYDALE ASSOCIATION

Meets in room E14, Morley College, 61 Westminster Bridge Road, SE1 7HT, from 12.30pm-1.30pm on Thursdays. Yoga Classes, mainly for agoraphobics, but also includes the physically fit who have been housebound for other reasons. Transport—for agoraphobics this is always available. CONTACT: Mr Roger Foggitt.

LONDON SOUTH EAST BROWNIES, GUIDES, RANGERS AND TREFOIL UNITS

Meets at Sydenham Girls School, Dartmouth Road, Sydenham, SE26, from 3pm-6pm on second Saturday of each month. Age range: Brownies 7 to 10 years; Guides 10 to 15 years; Rangers 15 to 25 years; Trefoil 25+. The organisation has both mentally and physically handicapped units in each age group. CONTACT: County Adviser, Miss Joan Kirby, 2 Lloyds Place, Blackheath, SE3; or Miss Denise Carroll (2nd LSE Guide Leader MH), 40a Grosvenor Park, SE5.

NEW HALL OVER 60s CLUB

A social club meeting Wednesdays 1pm-4pm. CONTACT: Mrs Cluney, 26 Barlow House, Rennie Estate, Galleywall Road, SE16.

OVER 60s PECKHAM SETTLEMENT CLUB

Meets in the Main Hall, Peckham Settlement, Staffordshire Street, London SE15, from 12.45pm Mondays, Wednesdays, Thursdays and Fridays. Wednesday meeting is especially for disabled people over 60. The club caters for the housebound over 60s. CONTACT: Mrs Jean Savage, Pensioner's Worker, Peckham Settlement.

PHOBIC TRUST

Meets every Thursday at the Thomas Calton Centre, Alpha Street, SE15, from 2pm-4pm. Transport available. For sufferers of agoraphobia of all ages. CONTACT: Mrs Pauline Power, 6a Danecroft Road, SE24 9NZ.

RAINBOW CLUB

A social club which meets at the Tooley Street Day Centre, 283 Tooley Street, SE1 on second Saturday of every month. The club caters for deaf-blind people between 60 and 90 years. CONTACT: Mrs Pilcher, 12 Dagonet Gardens, Bromley, Kent BR1 5JD, or Mrs Vincent, 181 Lethbridge Close, SE13.

RYE HILL PENSIONERS CLUB (Friendly Club)

Meets at Rye Hill Tenants Hall, Rye Hill Park, SE15, Thursdays from 2pm-4pm. No transport available. Tea and biscuits, games and a chat. CONTACT: Mrs Smart, 32 Rother House, Rye Hill Estate, SE15.

THE SCOUT ASSOCIATION

Policy is to integrate handicapped boys into normal local groups. Caters for any disability as long as the person can understand and accept Promise and Law. Takes boys aged 6 to 20 years. CONTACT: County Handicapped Adviser, Mr Robert Ellis, 34 Llandover Road, Plumstead, SE18.

TUKE SCHOOL PLAYCENTRE

Meets at Tuke School, 4 Wood Road, SE14 during Summer vacation (July). Open only for special need pupils from Tuke School. CONTACT 01-639 5584 during playscheme.

WARNDON GROUP

A social club for the over 60s meeting at Silverlock Tenants Hall, Silverlock Estate, off Rotherhithe New Road, SE16, Thursdays 2pm-4pm. CONTACT: Connie Hockley, Area 3 Social Services, Hawkestone Road, London SE16.

WEDNESDAY CLUB

Blackfriars Settlement, 44 Nelson Square, SE1. Meets Wednesdays 2pm-3.30pm for elderly ladies. Social activities include bingo, etc, with cakes and teas, etc. CONTACT: Mrs Stevens, Blackfriars Settlement.

VOLUNTARY ORGANISATIONS AND ASSOCIATIONS OPERATING IN SOUTHWARK

AGE CONCERN

Open Mondays, Wednesdays, Fridays, 10am-3pm. Tuesdays and Thursdays 10am-1pm. 33 Peckham Road, SE5. House insurance, holidays scheme, information and advice service, home visiting, radios/TVs for housebound, welfare foods. Offers practical help and support, also has wheelchairs on loan.

ALZHEIMERS DISEASE

Meets regularly and sends out letters to interested people informing them of meetings. Some transport may be available, or help sitting with a sufferer. CONTACT: Miss L Jarvis, 199 Hollydale Road, SE15, or Head Office, 3rd Floor, Bank Buildings, Fulham Broadway, SW6 1EP.

ASSOCIATION OF CARERS

Support to carers of elderly, handicapped or sick people through a newsletter and groups. CONTACT: Sally Lockwood, 2 Davey Street, Trafalgar Avenue, SE13. Tel: 01-708 4497.

BARNARDO'S SOUTHWARK PROJECT

An early counselling project run by Barnardo's and based at the Newcomen Centre, Guy's Hospital. CONTACT: Sally O'Dowd or Janet Hughes, Dr Barnardo's, The Triangle, 72 Westow Street, Upper Norwood, SE19 3AF.

BEST (Bermondsey Elderly Support Team)

Part of Age Concern, based at their Charity Shop at 188 Jamaica Road, SE1. Advice on benefits and services available. Gives practical and emotional support where necessary. The staff also escort people when necessary and collect prescriptions. Office hours: Monday to Friday 10am-12.30pm and 2pm-4pm.

BERMONDSEY COMMUNITY MINIBUS PROJECT

They have two buses for use, one specially equipped with a hoist at the back. To hire the bus the driver must be over 21. They hire to all voluntary organisations in Bermondsey and surrounding areas. The hire charge is 16p per kilometre for members groups and 22p per kilometre for non-member groups, plus £1 per day for members and £2 non-members. Groups receive a rebate for money spent on fuel. In the event of a hirer having an accident they would be responsible for the first £100 of damage. CONTACT: Elaine Osman, 56 Southwark Bridge Road, SE1.

BLACK WOMEN'S ACTION GROUP

Based at Club of Dance and Self Defence, Searles Road, Paragon School, London SE1. Help local Black women who are isolated. Volunteers can visit to talk, plait hair, do practical jobs like help with shopping, etc. CONTACT: Margaret Haynes, 30 Wolverton, Aylesbury Estate, London SE17.

BRITISH RED CROSS SOUTHWARK CENTRE

160 Peckham Rye, London SE22. Office open Monday to Friday 10am-1pm and 2pm-4pm. Shop open Thursday 2pm-4pm. Activities: medical loans, visits to housebound, first aid courses, escorts, talks.

CROSSROADS CARE ATTENDANT SCHEME

A organisation that supports people who care for a disabled person at home by providing support from a properly trained reliable Care Attendant, enabling the carer to take a short break, etc. CONTACT: Linda Salim, Admin Assistant, 45 Tyrell Road, London SE22 (tel: 01-693 8514).

DISABLEMENT EMPLOYMENT SERVICES

42 Braganza Street, London SE17. Monday to Thursday 8.45am-5pm and Friday 8.45am-4.45pm. Aims to help disabled people of working age find employment and training. CONTACT: Bill O'Brien for Employment; Mr L de Souza for Access; Miss N Peedall for training.

DUKE OF EDINBURGH'S AWARD SCHEME

The award scheme is open to disabled youngsters between ages 14 to 25 years, and covers a wide range of activities. CONTACT: Youth Office, 83 Peckham Road, SE5.

FLAT (Facility for Living and Assessment Together)

FLAT provides training and assessment in independent living skills. Groups of up to four mentally handicapped people stay for varying periods. Age range 18+. CONTACT: Linda Palmer, Bermondsey Methodist Mission, Bermondsey Street, SE1

INSET

175 Rye Lane, Peckham, London SE15. INSET is a service which gives information and training courses available, both locally and nationally. The service is free and confidential, interviews can be arranged at times and places to suit you. Information on access to colleges. If you would like a chance to talk things over with one of their advisers, ring 01-635 9111. Open 10am-12 noon and 2pm-4pm, except Thursdays. No appointment necessary.

LADY HOARE TRUST

Gives support to families with a handicapped child, special interest group is Juvenile Chronic Arthritis. Local Social Worker is Mrs Caller, 231 East Dulwich Grove, SE22.

LAMBETH SICKLE CELL INFORMATION CENTRE

Swan Mews, 2 Stockwell Road, London SW9 9EN. Opening times: Monday and Tuesday 9.30am-5pm; Wednesday 10am-4pm; Thursday 10am-3pm and 6pm-9pm; Friday 10am-4pm; every second and fourth Saturday of each month 10am-12.30pm. Provides advice, education, counselling, screening, patient care and research into the disease.

LONDON ASSOCIATION FOR THE BLIND

Offers employment for the visually handicapped. There is a hostel in Underhill Road, Dulwich, and other accommodation, including independent flats for working couples. Offers information on work, training, benefits, etc. Runs two homes in Surrey for elderly blind people. Two hotels, in Weston-super-Mare and Bognor Regis. CONTACT: Information Department, LAB Industries, 14-16 Verney Road, SE16.

METROPOLITAN SOCIETY FOR THE BLIND

Voluntary association for the welfare of all visually handicapped people in the City of London and the twelve inner London boroughs. It provides a

visiting service for lonely blind people, booking holidays, help with provision of blind aids and equipment, financial advice, provision of assistance to individuals in need. Agent for the Clothworkers Foundation and the British Wireless for the Blind Fund. CONTACT: Major John Healey, 252 Waterloo Road, London SE1 8RG.

MULTIPLE SCLEROSIS SOCIETY

Apart from club (see evening clubs) offers help and support to MS sufferers regardless of whether they are club members. Able to visit at home. Organise fund raising activities. CONTACT: Mr and Mrs Edmonds, 28 Dovedale Road, SE22.

NORTH SOUTHWARK BEREAVEMENT CARE ASSOCIATION

C/o Holy Trinity Rectory, Merrick Square, SE1. This association consists of volunteers who have undergone a course in bereavement counselling and visit bereaved people living in north Southwark who are referred to them as in need of counselling. Enquiries are treated in absolute confidence.

PECKHAM BLACK WOMEN'S GROUP

St Giles Parish Hall, Benhill Road, SE5, until November, and then at 69 Bellenden Road, SE15. Monday to Friday, 10am-5pm. Services include pregnancy testing, health workshops, general advice and alcohol counselling and mental health group.

THE SAMARITANS

Exist to help the desperate, lonely and suicidal. Local branch, 362 New Cross Road, London SE14 6AG. Tel: 01-692 5228. Phone, call or write in confidence anytime. 24-hour service.

SOUTHWARK ALARM SCHEME

Pritchard House, 40 Brandon Street, London SE17. Tel: 01-703 0864.

Provides an alarm system for the sick and disabled of any age in Southwark who are prone to medical emergencies or falls. Voluntary Committee meets approximately four to six times a year. Alarm calls are routed through unit to neighbourhood volunteers who will answer the alarm call. Volunteers are recruited where necessary to respond to alarm calls where there is no existing support network. CONTACT: Senior Co-ordinator, Sandra Furze, at Pritchard House.

SOUTHWARK ASSOCIATION FOR MENTAL HEALTH

Affiliated to MIND/National Association for Mental Health. Its aims are to:

- 1) create concern for mental health and to challenge ignorance and apathy
- 2) improve the services for the mentally disordered in hospital and community
- 3) support the relatives of the mentally disordered
- 4) mobilise voluntary help in the cause of mental health
- 5) sponsor research
- 6) raise funds for the promotion of these objects

It supports the work of the Windsor Walk Housing Association and the Camberwell Rehabilitation Association. They have a Nearly New Shop at 405 Lordhsip Lane, SE22, open Tuesday to Friday, 10am-3pm; alternate Saturdays 10am-12.30pm. CONTACT: Mrs Birley, 133 Sydenham Hill, SE26.

SOUTHWARK COUNCIL FOR VOLUNTARY SERVICE

135 Rye Lane, SE15 4TF (tel: 01-732 3731). Gives support to other voluntary agencies and community groups in the borough. It liaises with the voluntary sector and between the voluntary sector and the council, gives information and advice to voluntary agencies and produces regular newsletters. It has three specialist projects—a volunteer bureau and a Housing Advice and Employment Unit. CONTACT: Jenny Stiles, General Secretary, at above address.

SOUTHWARK DIAL-A-RIDE

Portakabin, 42 Braganza Street, London SE17 3RJ (tel: 01-582 6844). Provides transport for people with disabilities from a cost of 30p to £1 maximum, Available 8am-midnight. Can be used by residents in the London Borough of Southwark who cannot use existing public transport because of disabilities. Can be used for transport requirements except hospital appointments or where local authorities provide transport. Membership form available on request.

SOUTHWARK DISABLEMENT ASSOCIATION

Office and Advice Centre, Room 48, Aylesbury Day Centre, Boyson Road, London SE17 2BA (tel: 01-701 1391). An independent voluntary organisation funded through Urban Aid and Southwark Council. It is an umbrella organisation for all voluntary groups working with and for people with disabilities in Southwark. Membership is open to anyone with a disability or interested in the work of the SDA. £1 per person, £5 for groups. During the year two meetings are held for members and friends and four newsletters produced, sports and leisure activities, trip to a Carol Service arranged and other information is circulated. There are wheelchairs for short-term hire. The Advice Service is available: Mondays 1.30pm-3.30pm; Wednesdays 10am-12 noon and 6.30pm-8.30pm ; Fridays 1.30pm-3.30pm. Other times by appointment only. A session is held on the first and third Wednesday of the month from 2pm-4pm at Paxton Green Health Centre, 1 Alleyn Park, SE21.

SOUTHWARK PENSIONERS ACTION GROUP

Branches in Bermondsey, Rotherhithe, Borough, Camberwell, Peckham. Regular daytime meetings approximately once a month. CONTACT: Community Worker, 186 Crampton Street, London SE17.

SOUTHWARK SOCIETY FOR MENTALLY HANDICAPPED CHILDREN AND ADULTS (Southwark Mencap)

Has monthly meetings in Havil Street, SE5, last Monday of the month 7.30pm-9.30pm. Annual Social and annual Sports Day. Organises weekly

transport for relatives to visit patients at Darenth Park Hospital at weekends. For further activities, see evening clubs. CONTACT: Mr Fisher, 44 Camilla Road, London SE16 3NL.

SOUTHWARK TALKING NEWSPAPER

The committee meets on Wednesday evenings from 7.30pm-9.30pm in the Aylesbury Day Centre, Boyson Road, London SE17 2BA, to discuss items for inclusion in the Southwark Talking Newspaper. This is distributed to the visually handicapped or anyone suffering from a disability, which makes reading a strain. CONTACT: the Co-ordinator, Mrs Betty Etherington, Flat A, 52 Kerston Road, London SE15 4JB.

THE SPASTICS SOCIETY SOUTH LONDON GROUP

Apart from the club (see Evening Clubs), the club offers welfare help, specialist services, home visits arranged, fund raising organised. CONTACT: Mr Taylor, Chairman, 1 Rosenthorpe Road, SE15.

SOUTHWARK TAXI CARD HOLDERS ASSOCIATION

Voluntary Committee meets at six-weekly intervals on Tuesdays, 2pm, Room 49, Aylesbury Day Centre, Boyson Road, London SE17 2BA. Membership is open to all taxi card holders in Southwark, and an AGM is held when the committee is elected. Committee help with problems with the scheme and organises some socials. CONTACT: Mrs N Foley, 151 Wendover, Aylesbury Estate, London SE17.

SOUTHWARK VICTIM SUPPORT

Based at Cambridge House, 131 Camberwell Road, London SE5. Aims to give comfort and emotional support and practical help to victims of crime throughout the borough.

WALWORTH PENSIONERS PROJECT

Provides employment opportunities, community work with the elderly and assists local groups, eg social clubs and health groups for those over or approaching retirement age. Some transport available. CONTACT: Ian Adams, 186 Crampton Street, SE17.

WORKSHOPS FOR THE BLIND

Paid employment for blind people in contract packaging and making mats and brushes at 252 Waterloo Road, London SE1. Referred through Blind Persons Resettlement Officer at the Borough Job Centre, Borough High Road, SE1. There is no transport available.

WRVS

Local branch: 213 Camberwell Road, SE5, open Monday, Tuesday, Thursday, Friday 10am-3pm. Can arrange escorts, visiting, etc, according to availability of volunteers. Arranges Christmas parties, etc. Will try and help with any problems. Operates emergency clothing service, runs hospital canteen shop, trolley service, juvenile court canteen. Arranges family holidays, children's holidays, including disabled children, and old people's holidays. Runs three old

people's clubs:

Holly Club meets Tuesday afternoon every week, 2pm-4pm in St Andrews Hall, Glengall Road, SE15.

Evergreen Club meets Wednesday afternoons 2pm-4pm in Havil Street Hall, SE5. Bingo, jumble sales and some entertainments and outings, which members arrange.

Troy Town Club is held in Troy Town Flats, Nigel Road, SE15, Tuesdays to Fridays.

SOME OTHER VOLUNTARY ORGANISATIONS ABLE TO HELP

ARTSLINE

5 Crowndale Road, London NW1 ITU (tel: 01-388 2227/8). Available Monday to Friday 10am-4pm; Saturday 10am-2pm. A telephone information and advice service on arts and leisure opportunities in Greater London for people with disabilities. VISTEL unit for the deaf available.

ASSOCIATION TO COMBAT HUNTINGDON'S CHOREA (London Branch)

Meets twice yearly in the evening, venue notified via the newsletter. Acting Secretary Mrs Deborah Saunders, 13 New Cross Road, SE14. **Family Counselling Service** 108 Battersea High Street, SW11 3HP. **Head Office** Borough House, 34a Station Road, Hinchley, Leicestershire LE10 1AP.

ASBAH (Association for Spina Bifida and Hydrocephalus)

22 Upper Woburn Place, London WC1H 0EP. There is a local parent support group that meets six-weekly, organising fund raising and outings. CONTACT: Mrs S Cudd, 15 Woodvale Walk, Elder Road, London SE27.

ARTHRITIS CARE (formerly British Rheumatic and Arthritis Association)

6 Grosvenor Crescent, London SW1X 7ER.

ASTHMA SOCIETY

300 Upper Street, London NI 2XX. Gives information to asthma sufferers and their families. LOCAL CONTACT: Sandy Barton, 58a Comerford Road, Brockley SE4 2AX.

BRITISH DEAF ASSOCIATION (London Branch)

Head Office: 38 Victoria Place, Carlisle CA1 1HU. London Office: South Bank House, Black Prince Road, London SE1 7SJ. There are two clubs in

neighbouring boroughs: 1) Lewisham Deaf Club, 148 Dressington Lane, Brockley SE24; 2) St Bede's, 412 Clapham Road, London SW4. CONTACT: BDA for more information.

BRITISH DIABETIC ASSOCIATION

10 Queen Anne Street, London W1M 0BD (tel: 01-323 1531).

BRITISH EPILEPSY ASSOCIATION

Crowthorne House, New Wokingham Road, Bigshotte, Wokingham, Berks RG11 3AY. There is a local self-help group which meets on the fourth Thursday of the month at 8pm in Charlton House, Charlton Church Lane, SE7.

BRITISH POLIO FELLOWSHIP

Offer welfare help. Membership costs £1 per year or £10 life membership. The Bulletin newsletter is published quarterly. CONTACT: General Secretary, Bell Close, West End Road, Ruislip, Middlesex HA4 6LP (tel: 08956 75515) for information about nearest branch.

CANCERLINK

46a Pentonville Road, London N1 9HF. Information service. Support groups for people with cancer, their families/friends. LOCAL CONTACT: Cancerlink Wimbledon, 7 Margin Drive, Wimbledon SW19 5HJ.

CHEST HEART AND STROKE ASSOCIATION

Tavistock House North, Tavistock Square, London WC1H 9JE. Works for the prevention of chest, heart and stroke illnesses and helps those who suffer from them. Produces helpful publications, a magazine and Newsletter and offers counselling and welfare services. Maintains an up-to-date listing of stroke clubs.

COLOSTOMY WELFARE GROUP

38-39 Eccleston Square, SW1V 1PB. Advisory service on after care and rehabilitation of patients but not on medical matters. Travel advice service. LOCAL CONTACT: Mr Peter Becket, 21 Canterbury House, Royal Street, London SE17.

CYSTIC FIBROSIS RESEARCH TRUST

Alexandra House, 5 Blyth Road, Bromley, Kent BR1 3RS (tel: 01-464 7211). Its aim is to finance research and to form branches and groups for the purpose of helping and advising parents and to educate the public. LOCAL CONTACT: Mrs C Hoskin, 32 Ballamore Road, Downham, Kent.

DISABLED LIVING FOUNDATION

380-384 Harrow Road, London W9 2HU. Maintains an information service about aids, equipment and facilities for disabled people. Can answer telephone and letter enquiries. Appointment can be made to visit their exhibition of aids. Tel: 01-289 6111.

FRIEDRICH'S ATAXIA GROUP

Burnleigh Lodge, Knowle Lane, Cranley, Surrey GU6 8RD. Gives advice and information. LOCAL CONTACT: Mr Peter Cordwell, 18 Rusheynead Avenue, Ladywell, London SE4 1JJ.

THE FRIENDSHIP REGISTER

A penfriend scheme for anyone in the British Isles not just disabled people. The basic fee is £2.50, but if you do not want your address published you may pay an extra 50p. You do not have to have your full name published—initials only can be used. You will be sent a list of people who want penfriends and a newsletter. CONTACT: Mrs Joan Mertens, organiser, The Friendship Register, 29 Goldstone Way, Hove, West Sussex BN3 7PA for membership form.

HEADWAY

National Head Injuries Association, 200 Mansfield Road, Nottingham NG1 3HX. Headway helps relatives and patients face the problems created by head injuries. LOCAL CONTACT: Mrs Dorling, Speech Therapist, Queen Mary Hospital, Sidcup, Kent.

THE HAEMOPHILIA SOCIETY

16 Trinity Street, London SE1 IDE. Membership fee £5 per annum, but can be free for people with haemophilia. Members receive Society bulletin and other papers free—including those relating to AIDS. Special interest in social security benefits for people with haemophilia, eg mobility and attendance allowances. Full details of their services available to members. LOCAL GROUP CONTACT: Mrs A Weir, 147 Well Meadow Road, Catford, London SE6 1HP.

THE LEUKAEMIA SOCIETY

Area Secretary for London is Mr Rymer, White Dene, 40 Farm Hill Road, Waltham Abbey, Essex EN9 1NJ. Able to give general advice and information, moral support, practical help, holidays. Produce a newsletter four times per year and hold an AGM. To become a member, for which there is no charge, write to Mr Rymer for an application form.

HEART FOUNDATION, BRITISH

102 Gloucester Place, London W1H 4DH.

HOLIDAY CARE SERVICE

2 Old Bank Chambers, Station Road, Horley, Surrey RH6 9HW (tel: 0293 774535). Holiday information for disabled people and others with special needs.

MOBILITY CENTRE

Banstead Place, Park Road, Banstead, Surrey SM7 3EE. Assessment of disabled people for driving and pavement vehicles, including electric wheelchairs.

MUSCULAR DYSTROPHY GROUP

Natrass House, 35 Macauley Road, SW4 0OP. They can offer welfare service. **CONTACT:** Regional Organiser for Greater London, Petronell Reynolds (tel: 01-370 5399) for information about the South West London Branch, who fundraise, have meetings and can introduce people to each other.

NETWORK FOR THE HANDICAPPED

16 Princeton Street, London WC1 4BB. Legal advice, assistance and information for disabled people and their families.

SESAME

Christchurch, 27 Blackfriars Road, SE1 8NY. Any club or organisation can apply for a trained therapist to run regular sessions. One year courses are organised to train Sesame therapists; weekend workshops are organised in a hall which is accessible for disabled people.

SHAPE

1 Thorpe Close, London W10 5XL (tel: 960 9245). Ticket scheme: 01-960 9249. A London-wide arts organisation working with people with disabilities and with elderly, mentally ill and severely socially disadvantaged people. Sets up arts workshops; tours professional performances; runs a Theatre Ticket Scheme which distributes reduced price tickets to London arts venues; can organise volunteer drivers; tours exhibitions; runs training courses in arts workshop techniques.

SUDDEN INFANT DEATH SYNDROME 'COT DEATH'

CONTACT: Mr G Liles, 12 Boulter House, Pomeroy Street, London, SE14 6SD. Provides a counselling service for parents who have lost a child through a cot death. It will put people in touch with professional help. For those who have recently been bereaved, the group will help with filling in the necessary forms and put them in touch with the Foundation for the Study of Infant Deaths.

SPINAL INJURIES ASSOCIATION

Yeoman House, 76 St Jame's Lanes, Muswell Hill, London N10. A self-help group run by and for people paralysed by spinal cord injury (ie paraplegics and tetraplegics). Services offered include free information, welfare service and care attendant agency. Publications on all aspects of spinal cord injury. Newsletter (quarterly) free to members. Membership open to all. Individuals £5 per annum. Groups etc. £15 per annum.

SPOD (Sexual and Personal Relationships of the Disabled)

286, Camden Road, London N7 0BJ. Tel: 01-607 8851/2. Provides an Advice and Information Service for disabled people. SPOD organised training days for professional people who work with disabled people and study days for disabled people are also arranged.

TALKING BOOKS FOR THE HANDICAPPED

National Listening Library, 12 Lant Street, London SE1 1QR. For people who can see but have difficulty in reading because they are incapacitated by old age or because they are suffering from a physical or intellectual handicap or dyslexia. Hospitals, homes for the elderly, schools for the handicapped etc. may join as Institutional Members. The annual subscription of £15 cover the free loan of the special Talking Book Player and postage of cassettes both ways. Members may change 'books' as often as they like. There is a catalogue of over 1,300 full-length books, fiction and non-fiction, covering a wide range of interests, including many suitable for young children and young people. Local Authorities are authorised to pay the subscriptions of members living in their areas and intending members should contact their Social Worker.

TINNITUS ASSOCIATION, BRITISH

C/o Royal National Institute for the Deaf, 105 Gower Street, London WC1E 6AH.



Southwark Disablement Association ADVICE SERVICE

Monday 1.30pm—3.30pm

Wednesday 10.30am—12.30pm

Friday 1.30pm—3.30pm

also at

Paxton Green Health Centre, 1 Alleyn Park, SE19

First and third Wednesdays of the month, 2—4pm

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